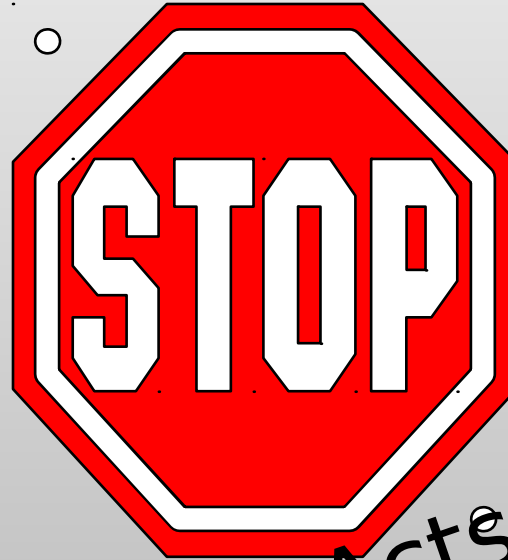


Summer Safety

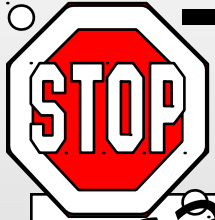
Developed By The Army Safety Center
<http://safety.army.mil/home.html>



Unsafe Acts

Modified By Jim Mooney CNRF For Navy Use

Summer Safety

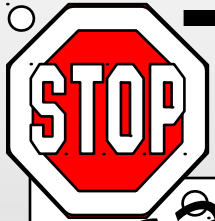


Unsafe Acts

CNRF Summer Safety

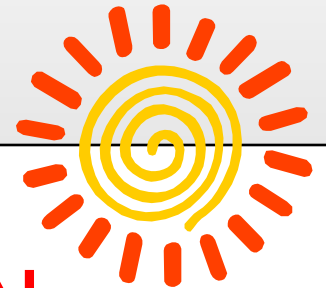
- Heat Injuries
- POV Safety
- Recreation Safety
 - Sports Safety
 - Water Safety
- Outdoor Safety

Summer Safety



Unsafe Acts

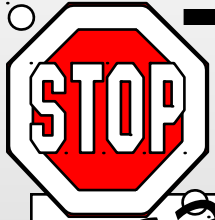
CNRF Summer Safety



HEAT INJURY PREVENTION

The summer season can be an enjoyable time of the year. It is also a time when the potential for Heat Injuries increase. Heat Injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.

Summer Safety



Unsafe Acts

CNRF Summer Safety



HEAT INJURY PREVENTION

- Drink Plenty of Water
- Avoid Heavy Meals At Lunch Time
 - Maintain A Well Balanced Diet
 - Wear Light Colored Clothing
- Use Sunscreen, SPF 15 Or Higher

Summer Safety



Unsafe Acts

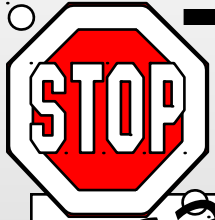
CNRF Summer Safety



HEAT INJURY PREVENTION

- Follow Recommended Work / Rest Cycle
 - Keep Areas Well Ventilated
- Schedule Outdoor Activities During Cooler Part Of The Day

Summer Safety



Unsafe Acts

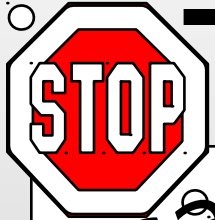
CNRF Summer Safety



HEAT INJURY PREVENTION

- Use The Buddy System
- Monitor Those At Risk
- Use Common Sense

Summer Safety



Unsafe Acts

CNRF Summer Safety



SUNBURN PREVENTION

- Use Sunscreen - SPF 15 or Higher
- Moderation - Avoid Extended Exposure
During Peak Hours (1000-1600)
 - Avoid Repeated Exposure
- Seek Medical Care If Severely Burned

Summer Safety



Unsafe Acts

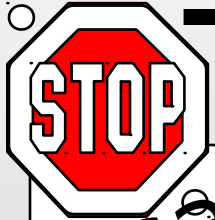
CNRF Summer Safety



HEAT RASH

- Skin Irritation Caused By Excessive Sweating In A Hot Humid Environment
- Appears As A Cluster Of Pimples Or Small Blisters

Summer Safety



Unsafe Acts

CNRF Summer Safety

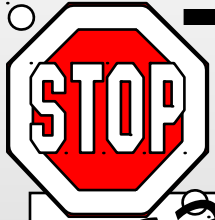


HEAT RASH

PREVENTION AND TREATMENT

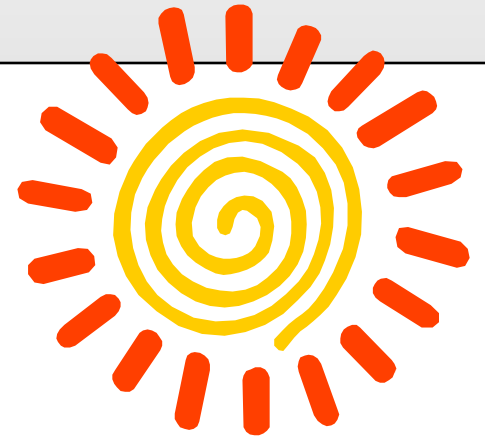
- Baby Powder With Corn Starch
 - Cool Shower
 - Avoid Lotions And Creams
- Frequent Change Of Clothing

Summer Safety



Unsafe Acts

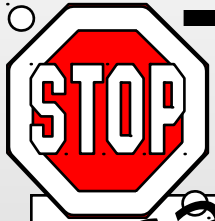
CNRF Summer Safety



HEAT
CRAMPS

Summer Safety

CNRF Summer Safety



Unsafe Acts



CAUSE

Excessive Loss Of Salt From The Body

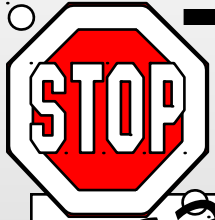
SYMPTOMS

Painful Cramps Of The Major Muscle Groups
(Arms, Legs, Or Stomach)

TREATMENT

Provide Cool Water - Shade - Monitor

Summer Safety



Unsafe Acts

CNRF Summer Safety



HEAT

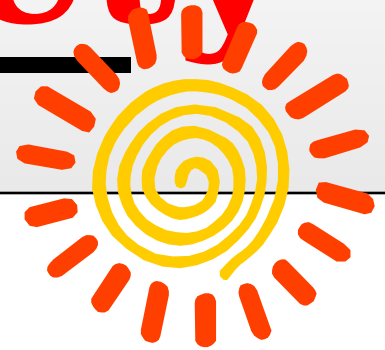
EXHAUSTION

Summer Safety



Unsafe Acts

OSRF Summer Safety



CAUSE

Excessive Loss Of Salt And Water In The Body

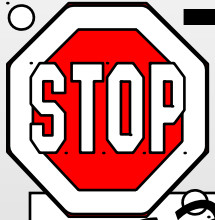
SYMPTOMS

Profuse Sweating - Headache - Paleness - Weakness
Nausea - Cool Moist Skin - Tingling Sensation In
Extremities

TREATMENT

Provide Water - Shade - Elevate Feet - Monitor
Seek Medical Attention Immediately

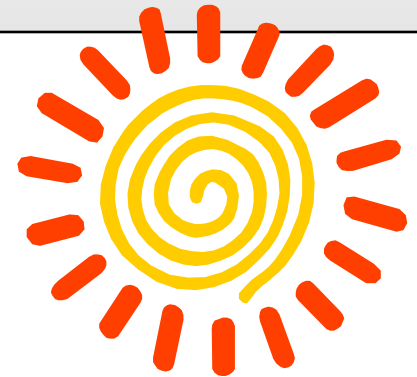
Summer Safety



Unsafe Acts

CNRF Summer Safety

HEAT



STROKE

- MEDICAL EMERGENCY -

Summer Safety



Unsafe Acts

CNRF Summer Safety



CAUSE

The Body's Heat Regulatory Mechanism Stops

SYMPTOMS

Headache - Dizziness - Delirium - Weakness - Nausea
Red, Hot Skin - Unconsciousness

TREATMENT

Seek Medical Attention Immediately - Cool Shaded
Area - Soak Clothing And Fan - Elevate Feet
Massage Extremities

Summer Safety



Unsafe Acts

CNRF Summer Safety

POV Safety



Summer Safety



Unsafe Acts

CNRF Summer Safety

POV Safety

Vehicle Crashes are the

→ **#1** ←

Killer of Sailors

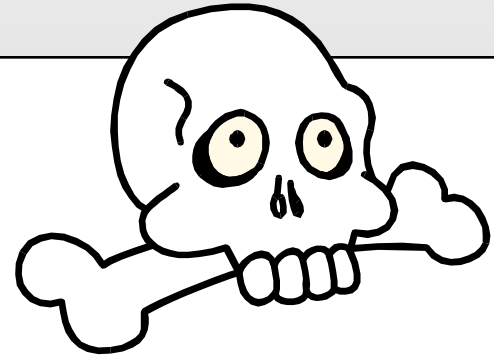
Summer Safety



Unsafe Acts

CNRF Summer Safety

POV Safety

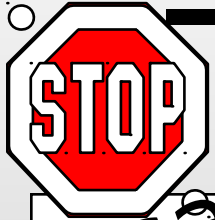


1 Sailor Dies Every 5.0 Days in a POV Crash

So far, in FY95-99, **32 Sailors** have perished in POV Crashes.

As of
5/31/00

Summer Safety



Unsafe Acts

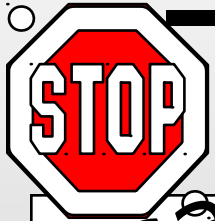
CNRF Summer Safety

POV Safety

What Factors Influence our Risk?

- Age
- Seat Belts
 - Vehicle
 - Alcohol
 - Fatigue
- Location
 - Speed

Summer Safety



Unsafe Acts

CNRF Summer Safety

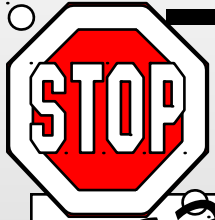
POV Safety

Age



Sailors who are **26 or less** are at the highest risk. In FY 97-99 risk for Sailors who are 26 or less is over **60% greater** than for Sailors over 26.

Summer Safety



Unsafe Acts

CNRF Summer Safety

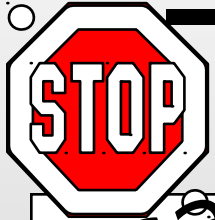
POV Safety

Alcohol



The Intoxicated Driver is **15x** more likely to be involved in a crash and to be fatally injured than a sober driver. During FY 97-99 alcohol was involved in **36%** of the traffic deaths to Sailors.

Summer Safety



Unsafe Acts

CNRF Summer Safety

POV Safety

Fatigue



During FY 97-99 fatigue was a factor in **11%** of the traffic deaths to sailors.

Summer Safety



Unsafe Acts

CNRF Summer Safety

POV Safety

Speed

The faster a car is going, the more distance and time it takes the driver to stop. Speeding also reduces the amount of time a driver has to react and reduces the ability to safely negotiate the road. During FY 97-99 speeding was involved in 29% of Sailors traffic deaths. **Speed Kills!**

Summer Safety



Unsafe Acts

CNRF Summer Safety

POV Safety

1. Don't Drink and Drive
2. Use a Designated Driver
3. Wear Seatbelts
4. Obey the Speed Limit

Summer Safety



CNRF Summer Safety

Unsafe Acts

POV Safety

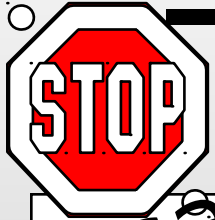
5. Don't Drive When You're Tired

6. Take Rest Breaks

7. Adjust Speed For Conditions

8. Don't Follow Too Close

Summer Safety



Unsafe Acts

CNRF Summer Safety

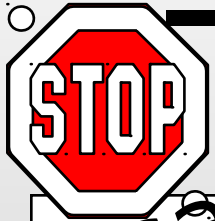
POV Safety

9. Maintain Your Vehicle

10. Drive Defensively

Arrive Alive

Summer Safety



Unsafe Acts

CNRF Summer Safety

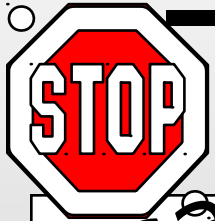
Recreational Safety



Taking part in leisure activities
for fun and health.

Follow these guidelines before
engaging in outdoor activities..

Summer Safety



Unsafe Acts

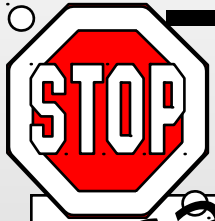
CNRF Summer Safety



Recreational Safety

- Get in Shape
- Choose Exercise for Your Age and Conditioning
- Start Slowly

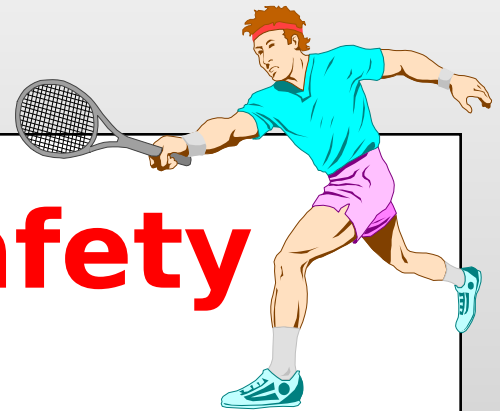
Summer Safety



Unsafe Acts

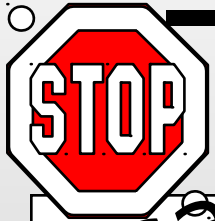
CNRF Summer Safety

Recreational Safety



- Start with Warm-Up
- Finish with Cool Down
- Know Your Exercise Limits
- Dress Appropriately

Summer Safety



Unsafe Acts

CNRF Summer Safety



Sports Injuries

More Sailors are injured playing sports than performing job related activities.

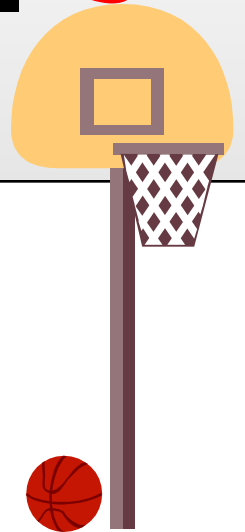
Which sport.....?

Summer Safety



Unsafe Acts

CNRF Summer Safety



Sports Injuries

Basketball is the most frequent sports injury producer in the military.

Summer Safety



Unsafe Acts

CNRF Summer Safety

Sports Injuries

Before taking the court..

- Warm up
- Keep physically fit. Fit Sailors are less prone to accidents



Summer Safety

CNRF Summer Safety



Unsafe Acts



Sports Injuries



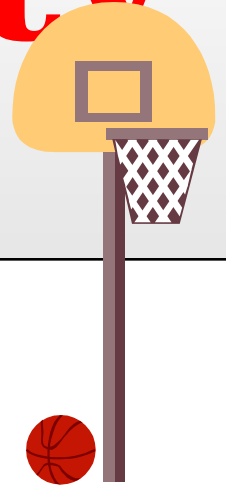
- Wear appropriate shoes and socks
- Wear knee pads to protect knees
- Participate only in games at your skill level
- Observe the rules

Summer Safety



Unsafe Acts

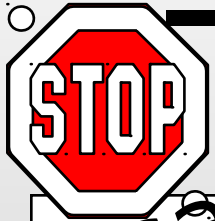
CNRF Summer Safety



Sports Injuries

- Ensure playing floor is free of water, dirt, and slick spots
- Check goal supports and ensure it's properly mounted and not loose.

Summer Safety



Unsafe Acts

CNRF Summer Safety

Bicycle Safety



- Bicycle Crashes Result in 800-900 Deaths per Year Nationally
- 90% of Bicycle Related Deaths Involve Collisions with Motor Vehicles

Summer Safety

CNRF Summer Safety

STOP
Unsafe Acts

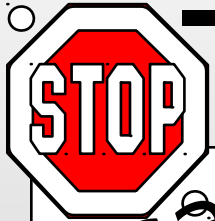
Bicycle Safety

Before you ride.....

- Inspect Your Bicycle
 - Wear a Helmet
- Inflate Tires Properly
- Check Your Brakes



Summer Safety



Unsafe Acts

CNRF Summer Safety

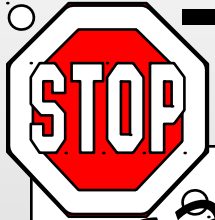
Bicycle Safety



When you ride.....

- See and Be Seen - Wear light colored, reflective clothing
 - Use a Backpack
 - Avoid Riding at Night

Summer Safety



Unsafe Acts

CNRF Summer Safety

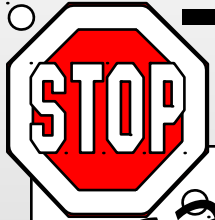
Bicycle Safety

When you ride....



- Ride Single File with Traffic
- Obey Traffic Signs, Signals, and Lanes
 - Use Proper Hand Signals
- Stay Alert for Road Hazards

Summer Safety



Unsafe Acts

CNRF Summer Safety

Bicycle Safety

When you ride.....



- Watch for Motorists
- Stay Out of Drivers Blind Spots
- Ride Far Enough From the Curb to Avoid the Unexpected from Parked Cars

Summer Safety



Unsafe Acts

CNRF Summer Safety

Jogging Safety



- Pace Yourself
- Good Running Shoes are Essential
 - Always Jog Against Traffic
- Avoid Running in Heavy Traffic
 - Be Seen While Running
 - Finish with Cool Down
- Headphones are Prohibited

Summer Safety

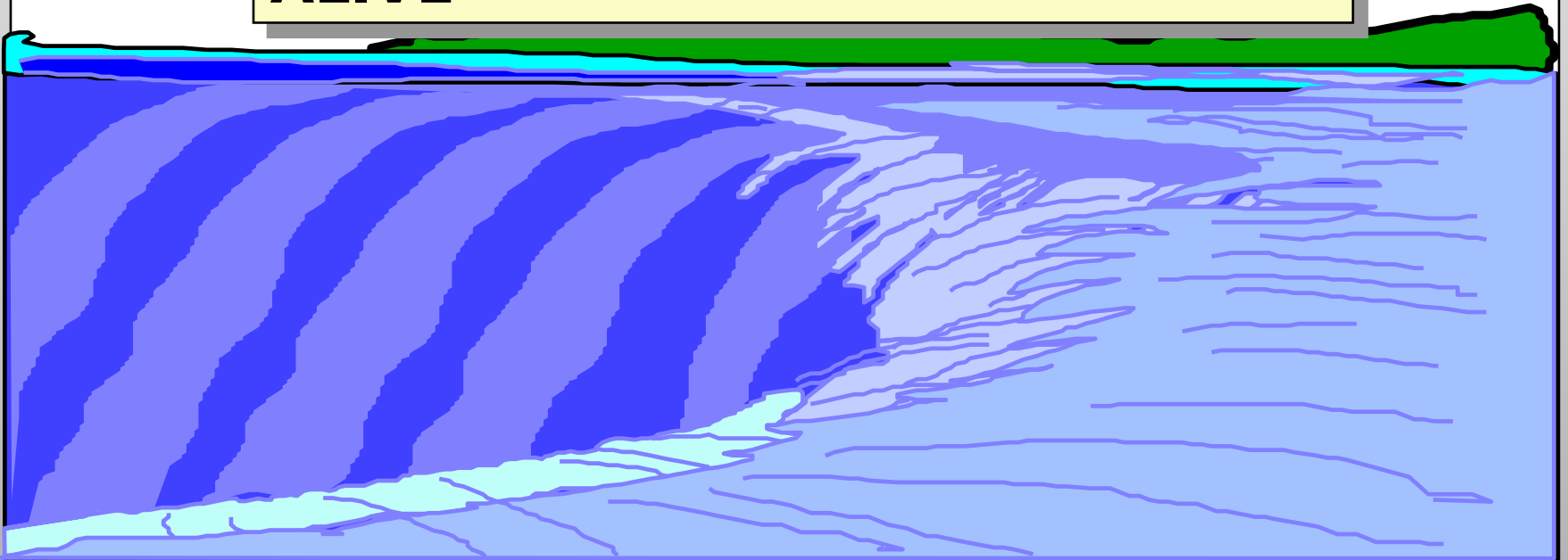


CNRR Summer Safety

Unsafe Acts

WATER SAFETY

**BE WATER WISE AND STAY
ALIVE**



Summer Safety



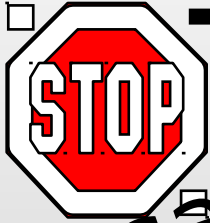
CNRR Summer Safety

Be Safe around Water

Drownings.....

- Are the leading recreational killer of military
 - Most often occur during off-duty recreational boating or swimming
 - Frequently related to alcohol use

Summer Safety



Unsafe Acts

CNRE Summer Safety

Be Safe around Water

- Learn to swim
- Use the buddy system
- Know “your” limits
- Swim in supervised areas
- Obey “NO DIVING” signs



Summer Safety



Unsafe Acts

CNRR Summer Safety

Be Safe around Water



- Don't drink and swim
- Wear PFD's when boating and fishing
- Know the weather conditions
- Use common sense - don't swim after

Summer Safety



CNRE Summer Safety

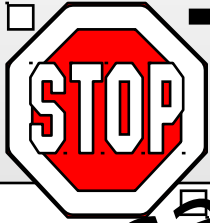
Unsafe Acts

Watch out for the “Dangerous Too’s

- Too tired
- Too cold
- Too far from safety
 - Too much sun
- Too much strenuous activity

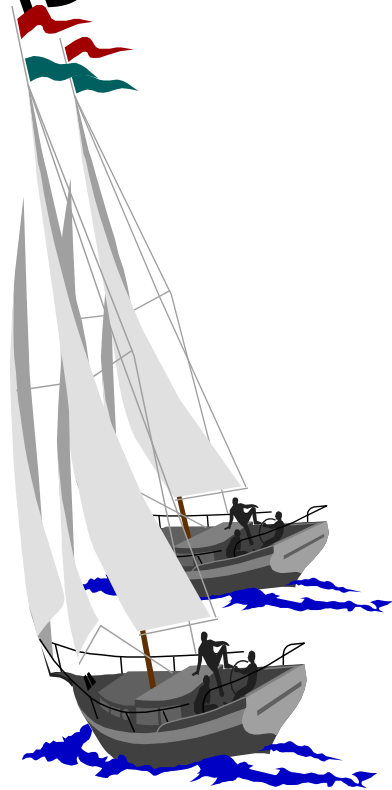


Summer Safety



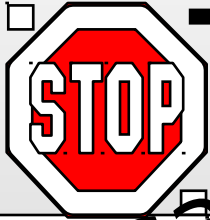
CNRR Summer Safety

Unsafe Acts



Boating Safety

Summer Safety



CNRE Summer Safety

Unsafe Acts



Most boating mishaps involve capsizing, falls overboard and collisions. About 90% of all fatalities are caused by drowning and in nearly all cases personal floatation (PFD's) were **NOT** used.

Summer Safety



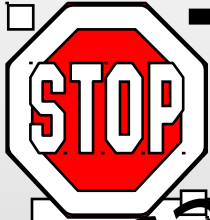
CNRE Summer Safety

Unsafe Acts

BOATING LIMITS

- Limit Loading Your Boat To Recommended Capacity
- Limit Movement Inside the Boat
- Limit Boating to Safe Weather and Water Conditions

Summer Safety



CNRR Summer Safety

Unsafe Acts

BOATING SAFETY TIPS

- Yield Right Of Way
- Awareness Of Others
 - No Alcohol
 - Safe Speed
- Safe Boating Course
 - Float Plan



Summer Safety



CNRE Summer Safety

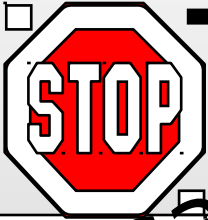
Unsafe Acts

BOATING SAFETY TIPS

- Don't Overload
- Don't Loan To Inexperienced Operators
 - Wear Proper Clothing
 - Maintenance



Summer Safety



CNRR Summer Safety

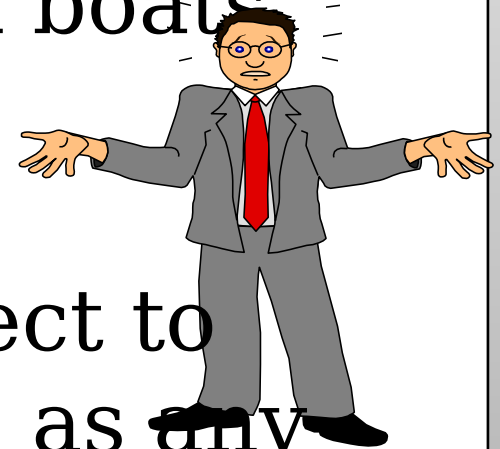
Unsafe Acts

JET SKIS

“Jet Skis” or “personal watercraft” are classified as Class A inboard boats.

What does that mean?

- It means that they are subject to the same rules and regulations as any other power boat.



Summer Safety



CNRR Summer Safety

Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER

Exhaustion can be brought on by lying in the sun too long, alcohol, swimming too long, or starting out tired. Know Your Limits And Rest

Summer Safety



CNRE Summer Safety

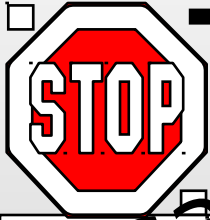
Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER

Alcohol and Water
= Trouble



Summer Safety



CNRE Summer Safety

Unsafe Acts

WATER SAFETY

RISK MANAGEMENT

POINTER

Drinking

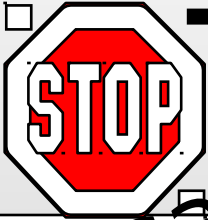
And

Boating

Don't Mix



Summer Safety



CNRE Summer Safety

Unsafe Acts

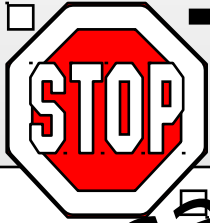
WATER SAFETY RISK MANAGEMENT POINTER

PERSONAL FLOATION DEVICE

It Won't Work

If You Don't Wear It

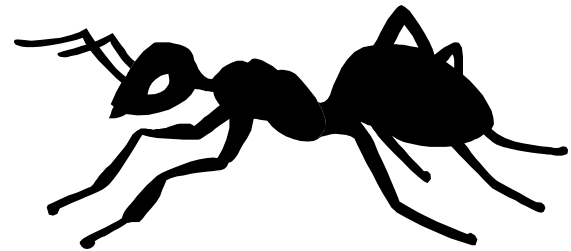
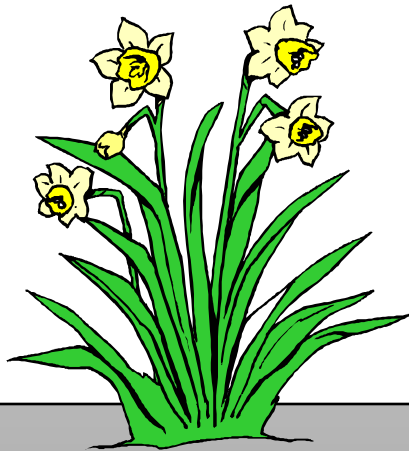
Summer Safety



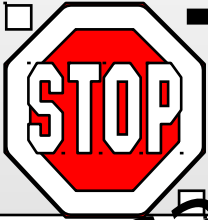
CNRE Summer Safety

Unsafe Acts

Outdoor Safety Critters And Plants



Summer Safety



CNRE Summer Safety

Unsafe Acts

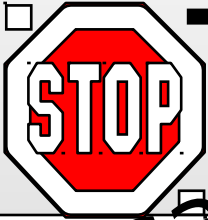
ANIMALS AND REPTILES

HAZARDS:



- Rabies: Avoid wild and domestic animals, including dogs and cats. Foxes are primary carriers of rabies.

Summer Safety



CNRE Summer Safety

Unsafe Acts

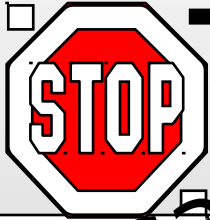
ANIMALS AND REPTILES



HAZARDS:

- Rodents can carry a variety of diseases and contaminate food and water. Keep all food and snacks stored in impenetrable containers.

Summer Safety



CNRE Summer Safety

Unsafe Acts

ANIMALS AND REPTILES

Poisonous snakes



- Several types of dangerous snakes are found throughout the United States. Treat all snakes as if they are poisonous. Most snake bites result from handling snakes.

Summer Safety



CNRE Summer Safety

Unsafe Acts

ANIMALS AND REPTILES

Poisonous snakes



FIRST AID:

- Remain calm and keep victim quiet
- Do not cut or bite section
- Remove any tight or restrictive clothing or object from affected extremity

Summer Safety



CNRE Summer Safety

Unsafe Acts

ANIMALS AND REPTILES

Poisonous snakes

FIRST AID:

- Place ice over bite area
- Apply constricting bands (loose enough to insert finger between band and skin) place one band above and one below the bite. For hand or foot place above wrist or ankle.



Summer Safety



CNRR Summer Safety

Unsafe Acts

ANIMALS AND REPTILES

Poisonous snakes



FIRST AID:

- Immobilize affected part in a position below heart level
- Evacuate immediately
- Identify snake if possible. If not and snake can be killed without endangering anyone, kill it without damaging the head.

Summer

Safety

CNRF Summer Safety



Unsafe Acts

Bug Bites

ARTHROPODS (BUGS) ARE RESPONSIBLE FOR
TRANSMITTING DISEASES, INFLICTING PAINFUL
BITES OR STINGS, AND BEING A NUISANCE

* APPLY INSECT REPELLENT *

Summer Safety

CNRF Summer Safety



Unsafe Acts

**Seek Medical Attention
If You You Have**

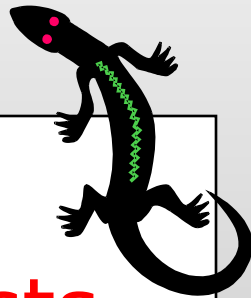
- Unusual Bite
- Tick Bite (Do Not Remove Tick)
- Multiple Bites

Summer Safety



CNRR Summer Safety

Unsafe Acts

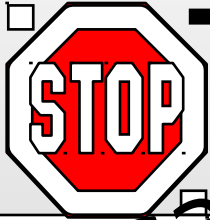


INSECTS

Ticks, spiders, scorpions, and insects

- Identify personnel who are allergic to insect bites or stings and ensure that they have an emergency first-aid kit on hand and that it is complete.

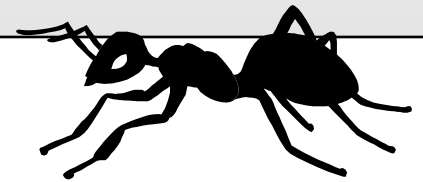
Summer Safety



CNRR Summer Safety

Unsafe Acts

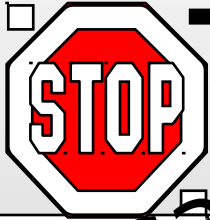
INSECTS



Ticks, spiders, scorpions, and insects

- Use insect repellent (according to directions) and keep trousers tucked into boots.
- Check bedding before use, avoid sleeping or leaving clothes in damp places.

Summer Safety



CNRE Summer Safety

Unsafe Acts

INSECTS



Ticks, spiders, scorpions, and insects

FIRST AID:

- Grasp tick with tweezers as close to the point of attachment as possible, being careful not to squeeze its abdomen, and exert steady, gentle pressure. Take care not to break off and leave mouth parts in the skin. Apply antiseptic to the bite site.

Summer Safety



CNRE Summer Safety

Unsafe Acts

INSECTS



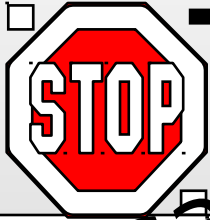
Ticks, spiders, scorpions, and insects

FIRST AID:

Scorpion stings: Do not perform incision or suction of venom. Immerse sting area in ice or cool water or use an ice pack on it. Evacuate

immediately for medical treatment.

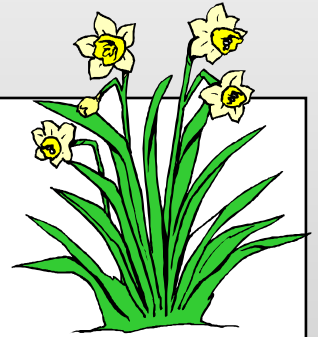
Summer Safety



CNRE Summer Safety

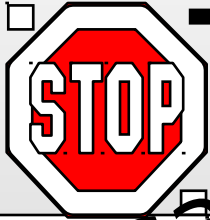
Unsafe Acts

POISONOUS PLANTS



Several types of plants can cause burning, or blistering if the bare skin comes in contact with them. There are several plants/trees (including their leaves, berries, fruit, and nuts) that can cause illness or even death if eaten.

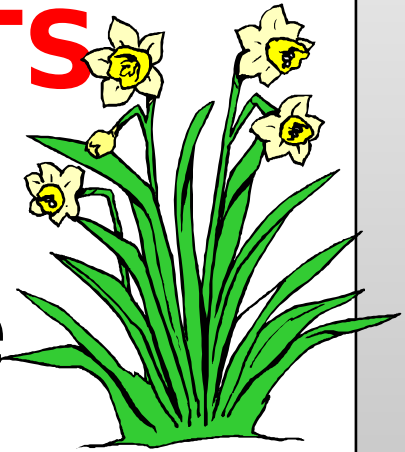
Summer Safety



CNRE Summer Safety

Unsafe Acts

POISONOUS PLANTS



Assume all plants are
poisonous-

Don't eat them or rub them
on the skin.

Summer Safety

CNRF Summer Safety



Unsafe Acts